

Gentleness

[Feeding of the 5000]



THE BIG IDEA

Jesus is gentle with people, and we can be too.



MEMORY VERSE

See resource FOS4 Ideas for Learning Memory Verses.

Galatians 5:22-23 (ESV)

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.



KEY VERSE

Matthew 14:14

When he went ashore he saw a great crowd, and he had compassion on them and healed their sick



READ

Matthew 14:13-21, Mark 6:31-44, Luke 9:12-17, John 6:1-14



DISCUSSION

Put the children into groups, each group with an officer. Each child is given several pre-cut oval shapes. They are encouraged to draw different faces on each shape e.g. angry, tired, excited, sad, annoyed.

Talk about what they should do when they feel these ways, to make sure they are gentle with others.

Resources



Praise Songs

See Resource FOS5

Love, Joy, Peace, by Shelley Spiers



Games

See Resource FOS1

Follow the Leader

Gentle Balloon Toss



Activities

See Resource FOS2

Warm Fuzzies and Cold Pricklies



Crafts

See Resource FOS2

Interactive Loaves and Fish



Programme Card

The Plastic Fish

https://bit.ly/AB_Fish





The Talk

Read 'Five minutes peace' by Jill Murphy. You could borrow it from the library or from a friend who has young children. Or show the YouTube video of the story being read.

In this story, Mrs Large has been busy with her children around her so much, that she just wants five minutes to herself. If we are tired we can end up getting a bit cross and annoyed with people. If we feel a bit like this, how can we calm ourselves down?

Get the children to hold up their left hands. Using the pointing finger on their right hand they run their finger slowly around the outside of their hand. As they go up a finger they breathe in deeply, and as they go down a finger they breathe out. This is called finger breathing. Repeat with the second hand. Explain that when we are feeling cross or annoyed we can do this to help us calm down.

What about Jesus. How does He act when He is tired? Does He get impatient with people and lose His temper?

The Bible tells us a story of a time when Jesus had been very busy. He had been teaching and doing miracles and so had the disciples. Because they were all tired, Jesus decided to take the disciples over to the other side of the lake, to a quiet place, so that they could rest. However, the crowds of people who followed Jesus weren't prepared to let him go...there were people wanting to be healed and people wanting to hear what He had to say! So, the crowds, seeing that Jesus was sailing across the lake, ran around the side of the lake to find Him.

Think for a moment. How would you feel if you were Jesus? What would Jesus say? Would he shout, "Leave me alone, I just want five minutes peace"? I think that's what I would say. Jesus didn't say that. The Bible says that when Jesus saw the people, He felt sorry for them and cared for them, and so He treated

them gently. He didn't snap at them or lose His temper. He welcomed them and gathered them around Him, taught them and healed the sick people.

Then He did more! The people were hungry after a long walk around the lake and a day of listening to Jesus, and they had no food, so Jesus fed them. The disciples wanted to send them all away, but Jesus took five small rolls and two fish and he got the people to sit down in groups. Then He broke the bread and the fish and thanked God for it. He gave the food to the disciples and got them to pass it around. Do you know what? The food grew and grew and multiplied and multiplied, until five small rolls and two fish, really only enough for one person to eat, became enough to feed everyone who was there. And do you know how many were there? Over 5000! They all ate and felt full. Jesus had gently cared for them all. The Bible even tells us that there were twelve basketfuls of food left over for the disciples to pick up!

Jesus loved these people and He knew that they needed Him. That is why He was so gentle with them.

Do you know that Jesus loves each one of you too? He loves you and He knows that you need Him as well. Jesus died for us so that we can be forgiven for all the wrong things we've done. Even when He died, He was thinking of us and wanting to care for us. When we trust in Him, He will become our Saviour and our friend and will be with us always.

Have you asked Jesus to be your Saviour? If you have, He is always with you. He is gentle with you – loving you and caring for you. You can ask Him to help you care for others, even when you are feeling tired.

Practise the finger breathing again. Pray with the children as they breathe. Thank God that He is always with His children. Thank him for His gentleness. Pray that the boys and girls will be able to be gentle with others, just as Jesus is gentle with them.